

"Festive Family Thanksgiving Cookbook"

Recipe

Persimmon Cookies

Serves 18 (2 cookies each) ● Preparation time 25 minutes

Baking time 12-15 minutes.

1 cup persimmon pulp	½ tsp. cloves
1 tsp. baking soda	½ tsp. salt
1 cup sugar	1 tsp. cinnamon
¼ cup stick margarine	½ cup chopped walnuts
1 egg, beaten	½ tsp. nutmeg
1 cup whole wheat flour	1 cup raisins
1 cup all-purpose flour	



Beat pulp, soda, sugar and margarine until creamy. Add egg. Sift together flours and spices. Add to pulp mixture. Blend well.

Add raisins and walnuts. Drop by teaspoon onto ungreased cookie sheet. Bake at 375° for 12-15 minutes.

Nutrition Facts Per Serving: 178 Calories, 5 g Total Fat, 45 Calories from Fat, 1 g Saturated Fat, 10 mg Cholesterol, 164 mg Sodium.

Nutrition Tip:

"These dessert recipes in this cookbook have been modified to reduce the amount of added sugar and fat. In many dessert recipes the amount of sugar and fat can usually be reduced by 1/3."

Julie Maniord, RD

Recipe courtesy of San Bernardino County Cooperative Extension.

